

Ingrediënten

500g spinach, washed and chopped
2 tbsp olive oil
1 red onion, finely chopped
2 cloves of garlic, minced
3 eggs, beaten
120ml milk
150g flour
200g Greek feta, crumbled
100g grated mozzarella
Fresh parsley, chopped
Salt and pepper to taste
Optional: chili pepper, finely chopped



Spinach and Cheese Bake

Recept

Preheat the Oven:

Preheat your oven to 180°C (356°F).

Sauté the Vegetables:

In a large skillet, heat the olive oil over medium heat. Add the onion and garlic, and sauté until translucent.

Add the spinach and cook until wilted. Remove from heat and let cool slightly.

Prepare the Batter:

In a large bowl, combine the beaten eggs, milk, flour, salt, and pepper. Mix until smooth.

Combine Ingredients:

Stir in the cooled spinach mixture, feta, mozzarella, and fresh parsley. Add chili pepper if using.

Bake:

Pour the mixture into a greased baking dish.

Bake for 20 minutes or until set and golden on top.

Serve:

Allow to cool slightly before slicing and serving.

Bron

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Internet – Facebook – Grammy recipes

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In grote wokpan:

1 ui

2 look

Aanstoven en daarna
opzijzetten

In wokpan

Spinazie laten slinken

En in vergiet laten uitlekken,
nog es goed op duwen

In glazen kom:

3 eieren

150 g speltbloem

120 ml melk

Chilipeper (mocht meer)

Verse peterselie

Look ui mengsel

Uitgelekte spinazie

200 g geitenkaas in blokjes

Gemalen mozzarella

Mengen

Erop nog wat mozzarella en
enkele druppels sojaroomb

In zwarte ovenschotel

Oven: 180°C – 25 minuten – volgende x 35 min

Fotos

